

# NSF SAFETY DEPARTMENT

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## SAFETY & HEALTH NEWSLETTER



### **PPE—IF YOU NEED IT, YOU'VE GOTTA USE IT**

At each of our discussions, there is generally one particular phase of safety being stressed. The goal is to reduce the number of disabling job injuries. PPE is designed for our personal use as an important contributing factor toward safety.



The abuse, misuse, or nonuse of such equipment, on the other hand, are contributing causes to many disabling injuries. The particular type of equipment needed to provide protection depends on the particular type of work being done.

OSHA established a very general overall description when such protective gear is to be used.



***No Excuses, No Exceptions – And We All Hope, No Injuries***

### **DEFENSIVE DRIVING**



When you're at the controls of any vehicle, it is important to remember that defensive driving is a full-time job. Today's driving standards demand skill, knowledge and decision-making ability.

A safe driver is not merely someone who has been lucky enough to avoid accidents, but is one who drives defensively and looks out for others. Drivers who are safety-conscious have developed good habits and practice them daily. Be prepared mentally and physically. You must be able to drive with a sense of security in inclement weather, on difficult roads, and through heavy traffic. Respect all traffic laws and be courteous to others. Anticipate driving hazards and know how to protect yourself from them.

A professional driver has foresight, the ability to size up traffic situations as far ahead as possible.

### **BICYCLE SAFETY**

OPNAVINST 5100.12G requires military and DoD civilian to wear helmets at all times. It strongly recommended that all other bicycle operators wear headgear/helmets at all times. However, wearing helmets and other safety gears are not enough. It is best practice to always check your common "**SAFETY SENSE**" to protect yourself and others. **"BE AWARE OF YOUR SURROUNDINGS"**.



### ***Expect The Unexpected***

Always expect the other driver to do unexpected-speed up, slow down, pass, cut across lanes, & turns. Watch out for sudden movement into the road ahead of you. Constantly look well ahead for changes in traffic or road conditions and be prepared.

### **TAKE SAFETY PERSONALLY**

With all the emphasis on safety programs, safety training, and safety rules, it's easy to forget that when you come right down to it, safety is a personal matter.



**When each of you makes safety a personal goal, you will have a safer workplace for all.**

### ***A Successful Formula***



When you take safety personally and add a generous portion of positive thinking, you have a good formula for safety success. A combination of attitude and objectives.

**Identifying "AT-RISK BEHAVIOR" is KEY.**

In our ongoing battle against accident and injury, two of our most powerful weapons are positive thinking and taking safety personally. **"BE PROACTIVE NO REACTIVE"**.



### **WATCH YOUR HAND**

Next to your eyes, your hands are probably the most important part of your body when it comes to doing your work.

Your hands are your wage-earners. They're precious.

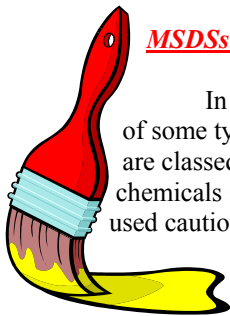
National Safety Council accident statistics show that the fingers and hands are among the most frequently injured parts of the body. This is not surprising, because our hands are involved in almost everything we do.

By contrast, it's always tragic to learn how much someone's life is affected by the loss of fingers or a hand.

Many of the things we do with our hands are done without any deliberate thought. Have you ever noticed that we all tend to keep both hands busy in some way? Often, if only one hand is needed to perform a job, we unconsciously do something with the other hand. It may idly grasp something or be placed in an unsafe position. Either action could result in current passing through the body's vital organs if the working hand inadvertently touches a live contact.

Everything can happen when a worker forgets to keep an idle hand out of the danger zone. That is why it is very important that we must always watch the idle hand. Sooner or later it can caught in trouble.





### **MSDSs & LABELS – READ THEM!**

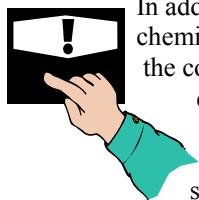
In today's world, most tasks require the use of some type of chemical. While many chemicals are classed as "hazardous," we can use these chemicals safely, if we bear in mind that they must be used cautiously.

The manufacturer of the chemicals that we use want to help you work safely with these substances. That's why there is now a material safety data sheet, or MSDS, available at your job site for every chemical that you will be exposed to on the job.

The MSDS will tell you about the chemical, what the possible dangers could be, and how to avoid those dangers by handling the substance in a safe manner. If you need to use protective equipment, the sheet will tell you that, too. If there is something on the MSDS you don't understand, ask your supervisor. It won't make you look stupid to ask. It will make you look careful and concerned, which is what you ought to be.



In addition to reading the MSDS before using a chemical, you will also want to read the label on the container. The label will tell you what the chemical is, the manufacturer, the hazards, and how to use it safely. When you look at the label, look for special symbols and signal words that will give you information quickly and easily. Words that tell you how dangerous the chemical can be include:



**CAUTION** – **WARNING** – **DANGER**

Because most of us do use chemicals in our work—it is up to us to take the utmost care. We can begin to do that by reading the material safety data sheet for every chemical that we use and by reading the label every time we take out a container. Yes, every time!

### **Know Your Safety Staff:**

*Ronald W. Thornhill – Safety Officer*  
*Dave D. Cruz – Senior Safety Specialist*  
*Roy F. Villanueva – Safety Specialist*  
*Marilyn S. Satsatin – Safety Technician*

There's always room for improvement.  
Visit us at <http://icedisail> and tell us how we can improve the island's safety program

### **Need to report a Safety Hazard?**

Call the NSF Safety Office at [extension 370-4123](tel:370-4123) or send an email to the Safety Officer at [thornhill@cb.navy.mil](mailto:thornhill@cb.navy.mil)

Source: Safety Meeting Library

### **STAYING SAFE WITH PORTABLE LADDERS**



Portable ladders are a simple and effective means for safe climbing except for one major problem. Workers sometimes find portable ladders so easy to use that they neglect normal precautions and safety rules. The result, too often, is an accident.

Almost all ladder accidents can be avoided by following the three basic rules of ladder safety:

- No ladder is safe unless it is the right type and right size for the job
- No ladder is safe if it is missing rungs, if its rungs or rails are defective, if it is poorly built, or if it is in a weakened condition
- No ladder is safe unless the person using it takes commonsense precautions.

### **Some points to remember:**

- A ladder should always be examined before it is used.
- Check also for missing, broken, or weakened cleats, rungs, etc..
- If a defective ladder cannot be repaired, it should be disposed of permanently.
- The distance from the wall to the foot of the ladder should be about equal to 1/4 of the ladder's total length.
- The ordinary straight ladder is not built to support more than one person at a time.
- In going up or down, always face the ladder and grasp the side rails with both hands.
- Take one step at a time. Don't hurry. Don't work on a ladder if it's very windy.
- Never carry tools or materials in your hands when going up or down the ladder.
- Always stay below the top three rungs. Never overreach, push, pull, or try to reposition the ladder while you're on it. Instead, get down from the ladder and then move it close to your work area.



*Always remember, using the right type of ladder makes the job safer...*

### **THE FOLLOWING IS THE SAFETY DEPARTMENT'S ACTIVITIES FOR JULY 2003**



- Enlisted Safety Committee Meeting - 7 Aug 03, 1500H @ NSF Conference Room.  
Target audience: All Safety Representatives.
- Safety Representatives Briefing - 20 Aug 03, 1330H @ B-331 NSF Safety Training Room  
Target Audience: All newly designated Safety Reps.
- Hazardous Materials Coordinator's Briefing - 21 Aug 03, 1330H @ B-331, NSF Safety Training Room.  
Target Audience: All newly designated HazMat Coordinators.
- Aug 2003 Occupational Safety & Health (OSH) Inspection: MWR Recreational Facilities/AIMD/VP Squadron/PWD Self-Help/Weapons Ammunition Storages/GEODDS
- Island Indoctrination Class (Safety) - Bi-weekly, 0915H @ Acey Duecey Room, Turner Club Complex.  
Target Audience: All new personnel (mandatory for Officers, enlisted and civilian personnel).